

to the oven cavity exceeds 50 J per gram of food, preferably exceeds 80 J per gram of food, and advantageously exceeds 120 J per gram of food;

the control unit causing the microwave source to be shut off during a waiting period subsequent to the first time interval; and

the control unit causing the microwave source to feed microwaves, having an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, into the oven cavity during a second time interval during which the total microwave energy supplied to the oven cavity exceeds 40 J per gram of food, preferably exceeds 60 J per gram of food, and advantageously exceeds 90 J per gram of food.

1. (MARKED-UP CLAIM). A method of thawing frozen food in a microwave oven [(1)] comprising a microwave source [(3)], an oven cavity [(2)], and a control unit [(5)], the weight of the foodstuff being in a range from a lower weight, which is 0.1-0.2 kg, to a limit weight, which is 0.4-0.6 kg, which method comprises the steps of

providing the control unit [(5)] with an input signal containing information about the weight of the foodstuff, for controlling the thawing;

the control unit causing the microwave source to feed microwaves having an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, into the oven cavity [(2)] during a first time interval [(9, 13)] during which the total microwave energy supplied to the oven cavity exceeds 50 J per gram of food, preferably exceeds 80 J per gram of food, and advantageously exceeds 120 J per gram of food;

the control unit causing the microwave source to be shut off during a waiting period subsequent to the first time interval; and

the control unit causing the microwave source to feed microwaves, having an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W,

into the oven cavity during a second time interval [(12, 16)] during which the total microwave energy supplied to the oven cavity exceeds 40 J per gram of food, preferably exceeds 60 J per gram of food, and advantageously exceeds 90 J per gram of food.

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2. (AMENDED – CLEAN CLAIM) A method of processing frozen food in a microwave oven comprising a microwave source, an oven cavity, and a control unit, the weight of the foodstuff being in a range from a lower weight, which is 0.1-0.2 kg, to a limit weight, which is 0.4-0.6 kg, which method comprises the steps of

providing the control unit with an input signal containing information about the weight of the foodstuff, for controlling the processing;

the control unit causing the microwave source to feed microwaves, having an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, into the oven cavity during a first time interval;

the control unit causing the microwave source to be shut off during a waiting period; and

the control unit causing the microwave source to feed microwaves having an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, into the oven cavity during a second time interval, the total energy supplied during the first and the second time intervals and the lengths of the time intervals being chosen so that the food will be essentially thawed in less than 1 minute per 100 g of food.

2. (MARKED-UP CLAIM) A method of processing frozen food in a microwave oven [(1)] comprising a microwave source [(3)], an oven cavity [(2)], and a control unit [(5)], the weight of the foodstuff being in a range from a lower weight, which is 0.1-0.2 kg, to a limit weight, which is 0.4-0.6 kg, which method comprises the steps of

providing the control unit [(5)] with an input signal containing information about the weight of the foodstuff, for controlling the processing;

the control unit causing the microwave source [(3)] to feed microwaves, having an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, into the oven cavity during a first time interval [(9, 13)];

the control unit causing the microwave source [(3)] to be shut off during a waiting period; and

the control unit causing the microwave source [(3)] to feed microwaves having an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, into the oven cavity during a second time interval [(12, 16)], the total energy supplied during the first and the second time intervals and the lengths of the time intervals being chosen so that the food will be essentially thawed in less than 1 minute per 100 g of food.

A³ 3. (AMENDED CLEAN CLAIM) A method of thawing frozen food in a microwave oven comprising a microwave source, an oven cavity, and a control unit, the weight of the foodstuff exceeding a limit weight in the range 0.4-0.6 kg, which method comprises the steps of providing the control unit with an input signal containing information about the weight of the foodstuff, for controlling the thawing;

the control unit causing the microwave source to feed microwaves, having an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, into the oven cavity during a first time interval during which the total microwave energy supplied to the oven cavity exceeds 50 J per gram of food, preferably exceeds 80 J per gram of food, and advantageously exceeds 120 J per gram of food;

the microwave oven emitting a turning signal at the end of the first time interval, indicating that the food stuff should be turned over;

the control unit causing, subsequent to the first time interval, the microwave source to be shut off during a waiting period, during which the control unit detects that the foodstuff has been turned over; and

the control unit subsequently causing the microwave source to feed microwaves, having an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, into the oven cavity during a second time interval during which the total microwave energy supplied to the oven cavity exceeds 40 J per gram of food, preferably exceeds 60 J per gram of food, and advantageously exceeds 90 J per gram of food.

3. (MARKED-UP CLAIM) A method of thawing frozen food in a microwave oven [(1)] comprising a microwave source [(3)], an oven cavity [(2)], and a control unit [(5)], the weight of the foodstuff exceeding a limit weight in the range 0.4-0.6 kg, which method comprises the steps of

providing the control unit [(5)] with an input signal containing information about the weight of the foodstuff, for controlling the thawing;

the control unit causing the microwave source to feed microwaves, having an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, into the oven cavity during a first time interval [(17)] during which the total microwave energy supplied to the oven cavity exceeds 50 J per gram of food, preferably exceeds 80 J per gram of food, and advantageously exceeds 120 J per gram of food;

the microwave oven emitting a turning signal at the end of the first time interval, indicating that the foodstuff should be turned over;

the control unit causing, subsequent to the first time interval, the microwave source to be shut off during a waiting period, during which the control unit detects that the foodstuff has been turned over; and

the control unit subsequently causing the microwave source to feed microwaves, having an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, into the oven cavity during a second time interval [(20)] during which the total microwave energy supplied to the oven cavity exceeds 40 J per gram of food, preferably exceeds 60 J per gram of food, and advantageously exceeds 90 J per gram of food.

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A⁴ 4. (AMENDED CLEAN CLAIM) A method according to claim 1, the additional steps of the microwave oven emitting a turning signal at the end of the first time interval, indicating that the foodstuff should be turned over; and the control unit detecting during the waiting period whether the foodstuff has been turned over, the microwave source feeding microwaves into the oven cavity during the second time interval depending upon whether the foodstuff has been turned over.

4. (MARKED-UP CLAIM) A method according to claim 1, [or 2,
c h a r a c t e r i s e d by] the additional steps of
the microwave oven [(1)] emitting a turning signal at the end of the first time interval,
indicating that the foodstuff should be turned over; and
the control unit [(5)] detecting during the waiting period whether the foodstuff has been turned over, the microwave source [(3)] feeding microwaves into the oven cavity [(2)] during the second time interval depending upon whether the foodstuff has been turned over.

A⁵ 5. (AMENDED CLEAN CLAIM) A method according to claim 3, wherein the second time interval begins at the time of the first of the following occurrences:

the time from the emission of the turning signal is longer than a predetermined waiting period, or

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the control unit receives a signal indicating that the foodstuff has been turned over.

5. (MARKED-UP CLAIMS) A method according to claim 3, [or 4, ~~c h a r -~~
acterised in that] wherein the second time interval begins at the time of the first of the
following occurrences:

the time from the emission of the turning signal is longer than a predetermined waiting
period, or

the control unit receives a signal indicating that the foodstuff has been turned over.

A6 6. (AMENDED CLEAN CLAIM) A method according to claim 5, wherein the first time
interval is longer than the second time interval.

6. (MARKED UP CLAIM) A method according to claim 5, [any one of the preceding
claims] wherein, [characterised in that] the first time interval is longer than the
second time interval.

A7 7. (AMENDED CLEAN CLAIM) A method according to claim 5,
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including feeding continuous and preferably maximum microwave energy into the oven
cavity during the first and the second time intervals.

7. (MARKED-UP CLAIM) A method according to claim 5 [to any one of the preceding
claims, characterised by],
¹¹²
including feeding continuous and preferably maximum microwave energy into the oven
cavity during the first and the second time intervals.

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8. (AMENDED CLEAN CLAIM) A method according to claim 2, including the steps of providing the control unit with an input signal containing information about the type of foodstuff; and

the control unit also controlling the length of the first and the second time intervals depending upon the type of foodstuff.

8. (MARKED-UP CLAIM) A method according to claim 2, [any one of the preceding claims, c h a r a c t e r i s e d by] including the steps of

providing the control unit [(5)] with an input signal containing information about the type of foodstuff; and

the control unit also controlling the length of the first and the second time intervals depending upon the type of foodstuff.

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9. (AMENDED CLEAN CLAIM) A method according to claim 8, wherein the foodstuff is rotated when microwave energy is fed from the microwave source.

9. (MARKED-UP CLAIM) A method according claim 8, [to any one of the preceding claims, c h a r a c t e r i s e d by rotating] wherein the foodstuff is rotated when microwave energy is fed from the microwave source.

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10. (AMENDED CLEAN CLAIM) A method according to claim 1, the foodstuff is animal; wherein that the total microwave energy supplied during the first time interval is 110-160 J/g of food and preferably is 120-150 J/g of food; and

the total microwave energy supplied during the second time interval is 90-130 J/g of food and preferably is 100-120 J/g of food.

10. (MARKED-UP CLAIM) A method according to claim 1,
[c h a r a c t e r i s e d in that] the foodstuff is animal; wherein that the total microwave energy supplied during the first time interval [(9, 13)] is 110-160 J/g of food and preferably is 120-150 J/g of food; and

[that] the total microwave energy supplied during the second time interval [(12, 16)] is 90-130 J/g of food and preferably is 100-120 J/g of food.

A'' 11. (AMENDED CLEAN CLAIM) A method according to claim 3, wherein the foodstuff is animal;
that the total microwave energy supplied during the first time interval is 110-190 J/g of food and preferably is 120-180 J/g of food; and
the total microwave energy supplied during the second time interval is 40-80 J/g of food and preferably is 50-70 J/g of food.

11. (MARKED-UP CLAIM) A method according to claim 3, wherein [c h a r a c - t e r i s e d in that] the foodstuff is animal;
that the total microwave energy supplied during the first time interval [(17)] is 110-190 J/g of food and preferably is 120-180 J/g of food; and
[that] the total microwave energy supplied during the second time interval [(20)] is 40-80 J/g of food and preferably is 50-70 J/g of food.

A' 12. (AMENDED CLEAN CLAIM) A method according to claim 1, wherein the foodstuff is vegetable;

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that the total microwave energy supplied during the first time interval is 140-170 J/g of food and preferably is 150-160 J/g of food; and

that the total microwave energy supplied during the second time interval is 110-140 J/g of food and preferably is 120-130 J/g of food.

12. (MARKED-UP CLAIM) A method according to claim 1, [c h a r a c - t e r i s e d in that] the foodstuff is vegetable;

that the total microwave energy supplied during the first time interval [(9, 13)] is 140-170 J/g of food and preferably is 150-160 J/g of food; and

that the total microwave energy supplied during the second time interval [(12, 16)] is 110-140 J/g of food and preferably is 120-130 J/g of food.

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13. (AMENDED CLEAN CLAIM) A method according to claim 3, wherein the foodstuff is vegetable;

that the total microwave energy supplied during the first time interval is 160-240 J/g of food and preferably is 180-220 J/g of food; and

that the total microwave energy supplied during the second time interval is 50-90 J/g of food and preferably is 60-80 J/g of food.

13. (MARKED-UP CLAIM) A method according to claim 3, [c h a r a c - t e r i s e d in that] wherein the foodstuff is vegetable;

that the total microwave energy supplied during the first time interval [(9, 13)] is 160-240 J/g of food and preferably is 180-220 J/g of food; and

that the total microwave energy supplied during the second time interval [(12, 16)] is 50-90 J/g of food and preferably is 60-80 J/g of food.

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14. (AMENDED CLEAN CLAIM) A microwave oven for thawing food, which microwave oven comprises

a microwave source for generating microwaves,

an oven cavity,

input means for an input signal containing information about the food,

a control unit for controlling the microwave source, which control unit is connected to the

input means and a control unit is adapted

to calculate the lengths of a first and a second time interval on the basis of the input signal;

to cause the microwave source to feed microwaves into the oven cavity during the first time interval at an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, and with a total energy which exceeds 50 J per gram of food, preferably exceeds 80 J per gram of food, and advantageously exceeds 120 J per gram of food;

to cause the microwave source to be shut off during a waiting period; and

to cause the microwave source to feed microwaves into the oven cavity during the second time interval at an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, and with a total energy which exceeds 40 J per gram of food, preferably exceeds 60 J per gram of food, and advantageously exceeds 90 J per gram of food.

14. (MARKED-UP CLAIM) A microwave oven for thawing food, which microwave oven [(1)] comprises

a microwave source [(3)] for generating microwaves,

an oven cavity [(2)],

input means [(4)] for an input signal containing information about the food,

a control unit [(5)] for controlling the microwave source, which control unit is connected to the input means and a [which microwave oven is c h a r a c t e r i s e d in that the] control unit is adapted

to calculate the lengths of a first and a second time interval on the basis of the input signal;

to cause the microwave source to feed microwaves into the oven cavity during the first time interval [(9, 13, 17)] at an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, and with a total energy which exceeds 50 J per gram of food, preferably exceeds 80 J per gram of food, and advantageously exceeds 120 J per gram of food;

to cause the microwave source to be shut off during a waiting period; and

to cause the microwave source to feed microwaves into the oven cavity during the second time interval [(12, 16, 20)], at an average power of more than 400 W, preferably more than 600 W, and advantageously more than 800 W, and with a total energy which exceeds 40 J per gram of food, preferably exceeds 60 J per gram of food, and advantageously exceeds 90 J per gram of food.

A 15
15. (AMENDED CLEAN CLAIM) A microwave oven according to claim 14, wherein

the microwave oven is adapted

to emit a turning signal at the end of the first time interval, containing information indicating that the foodstuff should be turned over; and

15. (MARKED-UP CLAIM) A microwave oven according to claim 14, wherein

[c h a r a c t e r i s e d in that] the microwave oven is adapted

to emit a turning signal at the end of the first time interval, containing information indicating that the foodstuff should be turned over; and

to detect whether the foodstuff has been turned over during the waiting period.

A¹⁶ 16. (AMENDED CLEAN CLAIM) A microwave oven according to claim 14, wherein

said input means is provided with one entry for the weight of the foodstuff and one entry for the type of food.

A¹⁶ 16. (MARKED-UP CLAIM) A microwave oven according to claim 14 [or 15], wherein

[c h a r a c t e r i s e d in that] said input means is provided with one entry for the weight of the foodstuff and one entry for the type of food.

A¹⁷ 17. (AMENDED CLEAN CLAIM) A microwave oven according to claim 14, wherein the

microwave oven includes a rotary plate for rotating the foodstuff in the load zone

A¹⁷ 17. (MARKED-UP CLAIM) A microwave oven according to claim 14, [5 or 16,

c h a r a c t e r i s e d in that it also comprises] wherein the microwave oven includes a
rotary plate for rotating the foodstuff in the load zone.

A¹⁸ 18. (AMENDED CLEAN CLAIM) A microwave oven according to claim 14, wherein the

control unit is adapted to cause the microwave source to feed microwave energy into the oven cavity during the first and the second time intervals only when the weight of the foodstuff is in a range from a lower weight, which is 0.1-0.2 kg, to a limit weight, which is 0.4-0.6 kg.

18. (MARKED-UP CLAIM) A microwave oven according to claim 14, [15, 16, or 17,

c h a r a c t e r i s e d in that] wherein the control unit is adapted to cause the microwave source to feed microwave energy into the oven cavity during the first and the second time intervals

only when the weight of the foodstuff is in a range from a lower weight, which is 0.1-0.2 kg, to a limit weight, which is 0.4-0.6 kg.

A19 19. (AMENDED CLEAN CLAIM) A microwave oven according to claim14, wherein the control unit is adapted to cause the microwave source to feed microwaves into the oven cavity during a third time interval subsequent to a second waiting period when the weight of the foodstuff exceeds a limit weight in the range 0.4-0.6 kg.

A19 19. (MARKED-UP CLAIM) A microwave oven according to claim[s] 14[-18], [c h a r a c t e r i s e d in that] wherein the control unit is adapted to cause the microwave source to feed microwaves into the oven cavity during a third time interval [(22)] subsequent to a second waiting period when the weight of the foodstuff exceeds a limit weight in the range 0.4-0.6 kg.

A20 20. (AMENDED CLEAN CLAIM) A microwave oven according to claim18, wherein when the weight of the foodstuff is in a range from a lower weight, which is 0.1-0.2 kg, to a limit weight, which is 0.4-0.6 kg, the microwave oven is adapted to emit a sufficient amount of microwave energy to essentially thaw the foodstuff in less than 1 minute per 100 g of food from the beginning of the first time interval.

20. (MARKED-UP CLAIM) A microwave oven according to claim[14-]18, wherein [c h a r a c t e r i s e d in that], when the weight of the foodstuff is in a range from a lower weight, which is 0.1-0.2 kg, to a limit weight, which is 0.4-0.6 kg, the microwave oven is adapted to emit a sufficient amount of microwave energy to essentially thaw the foodstuff in less than 1 minute per 100 g of food from the beginning of the first time interval.

A21 21. (AMENDED CLEAN CLAIM) A microwave oven according to claim 20, wherein the oven cavity has an upwardly decreasing horizontal cross-section in relation to its bottom cross-section at least in the upper part of the cavity, so that a uniform distribution of the electric field in the cavity is obtained.

A22 21. (MARKED-UP CLAIM) A microwave oven according to claim[s 14-]20, wherein [c h a r a c t e r i s e d in that] the oven cavity has an upwardly decreasing horizontal cross-section in relation to its bottom cross-section at least in the upper part of the cavity, so that a uniform distribution of the electric field in the cavity is obtained.

A22 22. (AMENDED CLEAN CLAIM) A microwave oven according to claim 21, wherein the oven cavity has a side wall which slopes inward at least at the top.

22. (MARKED UP CLAIM) A microwave oven according to claim[s 14-]21, wherein [c h a r a c t e r i s e d in that] the oven cavity [(2)] has a side wall [(23)] which slopes inward at least at the top [(24)].

A23 23. (AMENDED CLEAN CLAIM) A microwave oven according to claim 22, wherein the microwave oven is provided with a waveguide device for feeding microwave energy from the microwave source to the oven cavity through at least two feed openings located at a distance from each other, which waveguide device is dimensioned for providing a certain amount of internal reflection, a resonance state being achieved in the waveguide device for microwaves generated by the microwave source, the waveguide device having a predetermined quality factor which is higher than a quality factor of the oven cavity for any given current.

23. (MARKED-UP CLAIM) A microwave oven according to claim[s 14-] 22, wherein the microwave oven [c h a r a c t e r i s e d in that it] is provided with a waveguide device [(27)] for feeding microwave energy from the microwave source to the oven cavity through at least two feed openings [(7)] located at a distance from each other, which waveguide device is dimensioned for providing a certain amount of internal reflection, a resonance state being achieved in the waveguide device for microwaves generated by the microwave source, the waveguide device having a predetermined quality factor which is higher than a quality factor of the oven cavity for any given current.

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A24 24. (AMENDED CLEAN CLAIM) A method of processing frozen food in the oven cavity of a microwave oven by means of microwaves supplied to the oven cavity, which method comprises the steps of

feeding microwaves into the oven cavity at essentially full continuous power during a first time interval;

interrupting the feeding of microwaves during a waiting period, subsequent to the first time interval;

feeding microwaves into the oven cavity at essentially full continuous power during a second time interval, subsequent to the waiting period, the duration of the second time interval being greater than 1/3, of the duration of the first time interval, so that the food will be thawed at least to an essential degree by the end of the second time interval.

24. (MARKED-UP CLAIM) A method of processing frozen food in the oven cavity of a microwave oven by means of microwaves supplied to the oven cavity, which method comprises the steps of

feeding microwaves into the oven cavity at essentially full continuous power during a first time interval [(9, 13, 17)];

interrupting the feeding of microwaves during a waiting period, subsequent to the first time interval;

feeding microwaves into the oven cavity at essentially full continuous power during a second time interval [(12, 16, 20)], subsequent to the waiting period, the duration of the second time interval being greater than 1/3, [preferably greater than 1/2,] of the duration of the first time interval, so that the food will be thawed at least to an essential degree by the end of the second time interval.

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A 25
25. (AMENDED CLEAN CLAIM) A method according to claim 24, including the additional steps of

emitting a turning signal at the end of the first time interval, indicating that the foodstuff should be turned over; and

detecting that foodstuff has been turned over and shortening the waiting period by immediately beginning the second time interval.

25. (MARKED-UP CLAIM) A method according to claim 24, including [c h a r a c t e r i s e d b y] the additional steps of

emitting a turning signal at the end of the first time interval, indicating that the foodstuff should be turned over; and

detecting that foodstuff has been turned over and shortening the waiting period by immediately beginning the second time interval.

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26. (AMENDED CLEAN CLAIM) A method according to claim 24, wherein

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the weight of the foodstuff is in a range from a lower weight, which is 0.1-0.2 kg, to the limit weight, which is 0.4-0.6 kg; and

that the energy supplied during the second time interval is at least about 70% and
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preferably at least 80% of the energy supplied during the first time interval.

26. (MARKED-UP CLAIM) A method according to claim 24, [or 25,

characterised in] wherein

[that] the weight of the foodstuff is in a range from a lower weight, which is 0.1-0.2 kg, to the limit weight, which is 0.4-0.6 kg; and

that the energy supplied during the second time interval [(12, 16)] is at least about 70% and preferably at least 80% of the energy supplied during the first time interval [(9, 13)].

A27 27. (AMENDED CLEAN CLAIM) A method according to claim 26, no additional

microwave energy is supplied to the oven cavity subsequent to the second time interval.

27. (MARKED-UP CLAIM) A method according to claim 26,

[characterised in that] no additional microwave energy is supplied to the oven cavity subsequent to the second time interval [(12, 16)].

A28 28. (AMENDED CLEAN CLAIM) A method according to claim 27, wherein the total

duration of the first time interval, the waiting period, and the second time interval is less than about 1 minute per 0.1 kg of food.

28. (MARKED-UP CLAIM) A method according to claim [26 or]27, wherein
[c h a r a c t e r i s e d in that] the total duration of the first time interval, the waiting period, and the second time interval is less than about 1 minute per 0.1 kg of food.

A 29 29. (AMENDED CLEAN CLAIM) A method according to any one of claim28, wherein
the microwave power supplied to the oven cavity is at least 400 W, preferably at least 600 W, and most preferably 800 W;

that the total microwave energy supplied to the oven cavity during the first time interval exceeds 50 J per gram of food, preferably exceeds 80 J per gram of food, and advantageously exceeds 120 J per gram of food; and

that the total microwave energy supplied to the oven cavity during the first time interval exceeds 40 J per gram of food, preferably exceeds 60 J per gram of food, and advantageously exceeds 90 J per gram of food.

29. (MARKED-UP CLAIM) A method according to any one of claim[s 26-]28, wherein
[c h a r a c t e r i s e d in

that] the microwave power supplied to the oven cavity is at least 400 W, preferably at least 600 W, and most preferably 800 W;

that the total microwave energy supplied to the oven cavity during the first time interval exceeds 50 J per gram of food, preferably exceeds 80 J per gram of food, and advantageously exceeds 120 J per gram of food; and

that the total microwave energy supplied to the oven cavity during the first time interval exceeds 40 J per gram of food, preferably exceeds 60 J per gram of food, and advantageously exceeds 90 J per gram of food.

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31. (AMENDED CLEAN CLAIM) A method according to claim 30,
characterised in that the energy supplied during the third time interval is less than
about 25%, of the total energy supplied.

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32. (AMENDED CLEAN CLAIM) A method according to claim 31, wherein the average power of the microwaves supplied to the oven cavity during the third time interval is at least lower than 400 W.

32. (MARKED-UP CLAIM) A method according to claim [30 or]31, wherein
[characterised in that] the average power of the microwaves supplied to the oven cavity during the third time interval is at least lower than 400 W.

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33. (AMENDED CLEAN CLAIM) A method according to any one of claim 32, wherein
that the microwave power supplied to the oven cavity during the first and the second time intervals is at least 400 W, preferably at least 600 W, and most preferably at least 800 W;
that the total microwave energy supplied to the oven cavity during the first time interval exceeds 50 J per gram of food, preferably exceeds 80 J per gram of food, and advantageously exceeds 120 J per gram of food, and
that the total microwave energy supplied to the oven cavity during the first time interval exceeds 40 J per gram of food, preferably exceeds 60 J per gram of food, and advantageously exceeds 90 J per gram of food.

33. (MARKED-UP CLAIM) A method according to any one of claim[s 30-]32,
[c h a r a c t e r i s e d i n] wherein

that the microwave power supplied to the oven cavity during the first and the second time intervals is at least 400 W, preferably at least 600 W, and most preferably at least 800 W;

that the total microwave energy supplied to the oven cavity during the first time interval exceeds 50 J per gram of food, preferably exceeds 80 J per gram of food, and advantageously exceeds 120 J per gram of food, and

that the total microwave energy supplied to the oven cavity during the first time interval exceeds 40 J per gram of food, preferably exceeds 60 J per gram of food, and advantageously exceeds 90 J per gram of food.

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34. (AMENDED CLEAN CLAIM) A method according to any one of claims 30, wherein
the waiting time of the second waiting period depends on the weight of the food.

34. (MARKED-UP CLAIM) A method according to any one of claims 30[-33], wherein
[c h a r a c t e r i s e d i n that] the waiting time of the second waiting period depends on
the weight of the food.

Respectfully submitted,



Robert O. Rice
Reg. No. 26,576
Telephone No.: (616) 923-3870

Dated: _____

WHIRLPOOL PATENTS COMPANY
500 Renaissance Drive
Suite 102 0 MD 0750
St. Joseph, Michigan 49085